

Meals must be eaten on day of delivery !

****Should you need to reheat the meals please follow these directions:**

Microwave: 2-3 minutes







Oven 350* place meal on cookie sheet and reheat no longer than 10 minutes

Protein 3 oz.

Vegetables 1/2 cup...Starch 1/2 cup

All Fruit - 6 oz. Serving

100% Whole Wheat Bread, margarine, and low-fat milk served daily.

Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian Black Bean Chili Fiesta Rice Corn Muffin in Tray Fruit & Yogurt 1	Honey Glazed Chicken Mashed Sweet Potato Green Beans Sunshine Bar 2	Shepherd's Pie <i>made w/ Low Sodium Gravy</i> Mashed Potatoes & Corn Sliced Carrots Mandarin Oranges 3	Italian Baked Ziti w/ Meat Italian Blend Vegetables Cauliflower Dried Plums Wheat Dinner Roll 4
Beer Battered Fish Au Gratin Potatoes Mixed Vegetables Apricots 7	Swedish Meatballs <i>made w/ Low Sodium Gravy</i> Brown Rice Steamed Corn Pineapple Chunks 8	Chili Cheese Stuffed Potato Steamed Broccoli Dinner Roll Fruit Cocktail 9	Sliced Ham w/ Raisin Sauce Buttered Yams Peas & Carrots Birthday Cake 10 ** Happy Birthday **	 Program Closed No Meals Today 11
Sloppy Joe Potato Puffs Brussel Sprouts Fresh Fruit Hamburger Bun 14	Homemade Beef Stew <i>made w/ Low Sodium Gravy</i> Waxed Beans Fresh Baked Biscuit in Tray Sliced Apples 15	Tuscan Chicken over Penne Steamed Carrots Tropical Fruit Whole Wheat Dinner Roll 16	Meatloaf with Low Sodium Gravy Baked Potato Steamed Spinach Fresh Fruit 17	Turkey w/ Stuffing & LS Gravy Mashed Potatoes Butternut Squash Cranberry Sauce Sugar Free Apple Pie Dinner Roll 18
Veal Parmesan Noodles w/ Tomato Sauce Italian Blend Vegetables Rice Pudding Garlic Dinner Roll 21	Baked Stuffed Fish Scalloped Potatoes Steamed Broccoli Pineapple Chunks 22	Chicken & Gravy <i>made w/ Low Sodium Gravy</i> Fiesta Blend Vegetables Lorna Doone Cookies Homemade Biscuit in Tray 23	 Program Closed No Meals Today 24	 Program Closed No Meals Today 25
Low Sodium Hot Dog w/ Meat Sauce Baked Beans California Blend Vegetables Fruit & Yogurt Frankfurter Roll 28	Lemon Herb Scrod Wild Rice Medley Steamed Corn Fresh Orange 29	Savory Baked Chicken Baked Potato Collard Greens Sliced Peaches 30	  	

Suggested donation is \$3.00 per meal. Visitors and Guest at the Meal Sites \$5.00 The Nutrition Program is funded by participants' contributions, as well as the Washington County Board of Supervisors through the Federal Older Americans Act and State Funds through the NYS Office for the Aging.

Salem Site 854-7294

Cambridge Site 677-8592

Hudson Falls Site 747-9352

Whitehall Site 499-2482

MENU IS SUBJECT TO CHANGE

FOR THE SAFETY OF OUR DRIVERS
PLEASE RESTRAIN YOUR DOG !

